

SUMMIT AT EASTWYCK

Monthly Newsletter

February 2025



THE Manager's Message

BRRRRR can you say cold?! I left my house today and it was -18... yup negative 18! Spring can't come soon enough! At least let's get out of this bitter cold! With so much sickness going around this time of year, remember to keep washing your hands and stay away from others when you're not feeling well. Our community has fared very well over the years. Remember to check in on each other & let us know if we can help in any way as well.

This month is Heart Health Month, be sure to wear your red for "Go Red For Women" on February 7th!! With it being heart health month, PRN will be discussing with us heart health activities and the benefits of exercising.

The annual Valentine's party will take place on Friday, February 14th, we hope you can make it! Alexis Diner will be preparing another great meal. Back by popular demand is the wine tasting & chocolate that will be on the 19th. The office will be closed on Monday the 17th in observance of Presidents Day.

***Please remember to refer to our snow policy, I have included a copy for your review. ***



HAPPY
Valentine's Day

Tarah Lobdell
Tarah Lobdell
Community Manager

Staff



Community Manager

Tarah Lobdell
TLobdell@summitseniorlife.com

Residents Service Coordinator

Sasha Carrington
SCarrington@summitseniorlife.com

Maintenance

Gani Dajko
Bill Branion
Margaret Caroll

Driver

Terry Lantry

Weekend Clubhouse Attendant

Tracey Ainsworth
Linda Cox

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**Join us on
Tuesday, February 11th
at 2:00**

**Marilyn Sassi presents
"The Rare Opulence Of
The Gilded Age"**

(The 1870's - 1890's, known as the "Gilded Age" was a period of immense economic growth and activity in which a very small number of eager American entrepreneurs amassed enormous sums of money. This produced monopolies with the most powerful families at the top presiding over political corruption across the country which hid the terrible working and living conditions that the majority of Americans had to endure.

The three main reasons which fed these conditions were: Industrialization, Urbanization and Immigration. American cities couldn't handle the huge influx of farming families now wanting to work in factories and the millions of immigrants arriving from Europe for factory positions.

Contrasting the vast majority will be examples of the lives of America's first multimillionaires living in spectacular splendor in mansions like the two Vanderbilt estates in Newport, RI and the gilded age mansions across New York. Also included will be the furniture designed by the leading cabinetmakers and the beginning of haute couture in ladies' fashion which produced lavish gowns and the creation of the necessary underwear to shape their bodies to wear them. The life of Consuela Vanderbilt will explain why it wasn't unusual for women of the upper classes to change their gowns 4 to 5 times a day as their social calendars dictated.



Judy Posila	2/3
Pauline Murphy	2/3
Joyce Thompson	2/5
Gislaine Collard	2/8
Eileen Kappas	2/11
David Borel	2/11
Marsha Mintz	2/12
Inga Pepoy	2/13
Beverly Westacott	2/15
Diana Shelto	2/22
Cynthia Obidinski	2/22
Josie Fasanaro	2/25
Diane Hendricks	2/28

Donation Drives are a great way to involve your friends, co workers, and family in the fight to aid Veterans Eastwyck is holding a drive in the month of February to support our Veterans Items frequently requested are:



Cleaning products: laundry detergent, dryer sheets, Lysol, dish soap, dish detergent, sponges

Toiletries: toothbrushes, soap, toothpaste, lotion, shampoo & conditioner, Chapstick

Canned vegetables: potatoes, collard greens, beans, carrots, spinach or peas

Full size sheet sets and blankets

Canned fruit and individual fruit cups

Spaghetti and marinara sauce

**Let's celebrate our
February Birthdays together!**

Monday, February 24th at 2:00

Join us in the clubhouse for
cupcakes and refreshments



FEBRUARY 2025

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COLOR KEY

Red - Community Events

Bold Black -

Transportation Event

Black - In-house event

COLOR KEY

Green - Games

Blue - Leisure & Recreation

White - Daily Fitness Class



American Heart Association



2 1:30 MexicanTrain
2:00 Triple Play
3:00 RumiKub
4:00 Scrabble CTR



3 12:00 Let's do Lunch -
Pilgrim Sliders*
1:00 Pinochle
3:00 RumiKub
3:00 Drama Club
4:00 Scrabble CTR
4:00 Sit and stitch
6:00 Poker Night

4 1:00 Tai-Chi
2:30 Cribbage
3:00 Quarter BINGO
6:00 Liverpool Rummy

5 **Dr. M**
1:00 Movie
1:30-2:30 W
2:30 Cr
4:00 Sit ar

9 1:30 MexicanTrain
2:00 Triple Play
3:00 RumiKub
4:00 Scrabble CTR
4:00 Super Bowl Party *

10 12:00 Let's do Lunch -
Asiago Burger*
1:00 Pinochle
3:00 RumiKub
3:00 Drama Club
4:00 Scrabble CTR
4:00 Sit and stitch

11 **11:00 Music at Noon
at Troy Savings Bank**
2 :00 Marilyn Sassi presents
"The Gilded Age" *
2:30 Cribbage
3:00 Quarter BINGO
6:00 Liverpool Rummy

12 1:00 Boo
The Person
1:00 PRN
"The Heart: An O
1:00 Boo
2:00 Cor
2:30 Cr
4:00 Sit a
LINCOLN'S

16 1:30 MexicanTrain
2:00 Triple Play
3:00 RumiKub
4:00 Scrabble CTR

17 **OFFICE CLOSED/
NO BREAKFAST/ NO FITNESS**
1:00 Pinochle
3:00 RumiKub
3:00 Drama Club
4:00 Scrabble CTR
4:00 Sit and stitch
6:00 Poker Night
PRESIDENT'S DAY

18 **11:00 Lunch Outing
Wheatfields Clifton Park***
1:00 Tai-Chi
2:30 Cribbage
3:00 Quarter BINGO
6:00 Liverpool Rummy

19 1:30-2:30 W
2:30 Cr
2:00 Wine an
4 :00 Sit a

23 1:30 MexicanTrain
2:00 Triple Play
3:00 RumiKub
4:00 Scrabble CTR

24 12:00Let's do Lunch -
Philly Quesadilla*
1:00 Pinochle
2:00 Birthday Celebration
3:00 RumiKub
3:00 Drama Club
4:00 Scrabble CTR
4:00 Sit and stitch

25 1:00 Renee Birnbaum
discusses long term care options
and costs
2:30 Cribbage
3:00 Quarter BINGO
4:00 Happy Hour with Jack Kelle*
6:00 Liverpool Rummy

26 **1:00 New Resid**
2:00 Movie
2:30 Cr
4:00 Sit a

CONNECTED *life*



FITNESS

Every Monday

9:00 Sit To Be Fit
10:00 Aqua Fit

Every Tuesday

8:00 Hydro Rider
9:00 Pilates
10:00 Strength & Balance

Every Wednesday

9:00 Sit
10:00 Aqu
11:00 Fitness
12:00 Lin

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		<p>1</p> <p>11:00 Scrabble 1:00 5Crowns 1:00 Mahjong CTR 3:00 RumiKub</p>
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Go Red
...r women.

6 **Medical Appointments**
2:00 BINGO
6:00 Liverpool Rummy
4:00 Pizza Night*

7 **8:00 & 10:00 Grocery Stores**
12:00 Craft Class with Karen*
1:00 Chair Dancing
1:00 Canasta
3:30 Rosary
4:00 Choral Group Concert *
4:00 Let's do Supper - Chicken Divan*
NATIONAL WEAR RED DAY

8

1:00 Scrabble
1:00 5Crowns
1:00 Mahjong CTR
3:00 RumiKub

...k Club—
...al Librarian
Presents
...wner's Manual**
...ok Club
...mmunion
...ibbage
...nd Stitch
BIRTHDAY

13 **Medical Appointments**
2:00 BINGO
3:30 Rabbi Ami: Expected and unexpected ways of Giving Charity / Acts of Loving Kindness
6:00 Liverpool Rummy

14 **8:00 & 10:00 Grocery Stores**
1:00 Canasta
3:30 Rosary
2:00 Valentine's Day Dinner Party with music from the Musicats Duo*
 **VALENTINE'S DAY**

15

1:00 Scrabble
1:00 5Crowns
1:00 Mahjong CTR
3:00 RumiKub

...riting Club
...ibbage
...d Chocolate*
...nd Stitch

20 **Medical Appointments**
2:00 BINGO
3:00 Resident Meeting with Tarah and Sasha
4:00 Music Bingo & Trivia*
6:00 Liverpool Rummy

21 **8:00 & 10:00 Grocery Stores**
1:00 Chair Dancing
1:00 Canasta
3:30 Rosary
4:00 Let's do Supper - Stir fry shrimp dinner*

22

1:00 Scrabble
1:00 5Crowns
1:00 Mahjong CTR
3:00 RumiKub

...ent Orientation
...: Irish Wish
...ibbage
...nd Stitch

27 **Medical Appointments**
12:00 Ladies Lunch*
2:00 BINGO
6:00 Liverpool Rummy

28 **8:00 & 10:00 Grocery Stores**
1:00 Canasta
3:30 Rosary
4:00 Let's do Supper - Sliced Prime Rib*



EVENTS MARKED WITH AN ASTERISK REQUIRE SIGN-UP IN THE OFFICE

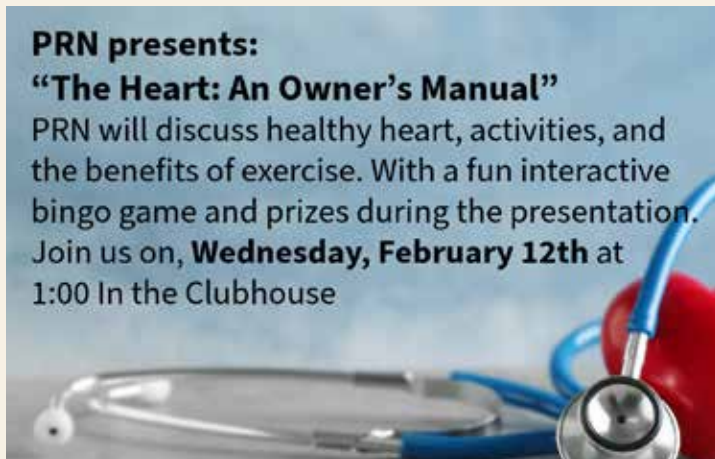
Wednesday	Every Thursday	Every Friday
<p>To Be Fit Aqua Motion S Drumming e Dancing</p>	<p>9:00 Balance & Strength 10:00 Trifecta Strength/ Balance/ Flex 11:00 Move & Grove</p>	<p>9:00 Sit To Be Fit 10:00 Aqua Fit 11:00 Chair Yoga</p>

Community Programs

PRN presents:

“The Heart: An Owner’s Manual”

PRN will discuss healthy heart, activities, and the benefits of exercise. With a fun interactive bingo game and prizes during the presentation. Join us on, **Wednesday, February 12th** at 1:00 In the Clubhouse



Valentine's Day Party

Friday, February 14th

2:00 pm

Enjoy a nice dinner and music with your friends at the Clubhouse & celebrate the day of love!



Eastwyck's Choral Concert will be held on:

**Friday, February 7th
at 4:00 in the Club**

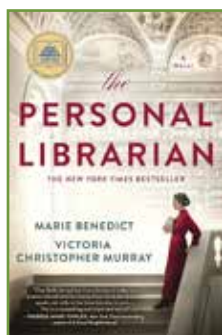
Light refreshments will be available

Book Club Discussion:

The Personal Librarian

by: Marie Benedict and Victoria & Christopher Murray

Wednesday, February 12th at 1:00



SUPER BOWL PARTY

Sunday, February 9th at 4:00

Please sign up at the office if you are interested in attending this get-together. It is important to have a head count for food.

Please BYOB & an appetizer to share pre-game.

Please RSVP by Friday, January 24th

Wine & Chocolate

Sample chocolate paired with a perfect wine for a smooth tasteful discovery

**Wednesday, February 19th
at 2:00**



Please join Renee Birnbaum, Co-Owner of Choice Connections for a presentation on Long Term Care-Options and Costs

Tuesday, February 25th at 1:00

Choice Connections New York is a free senior housing advisory service. Whether you are looking for help with Independent Living, Assisted Living, or Alzheimer's/Dementia Care, the search to find the "perfect fit" home has never been simpler and our service is FREE!

Community Activities



*Tuesday, February 11th at 11:00
Troy Savings Bank Music Hall*

**Thomas Piercy, clarinet and hichiriki,
with pianist Marina Iwao and cellist
Daniel Hass.**

A one-hour concert mixing a Beethoven masterpiece with new works composed for clarinetist and hichiriki player Thomas Piercy. Mr. Piercy will be joined by his frequent performing partners pianist Marina Iwao and cellist Daniel Hass. The program will include music from Piercy and Iwao's new "Moments In This Time" CD as well music composed for Piercy from NYC and Tokyo-based composers. Program to include music by Beethoven, Jean-Patrick Besingrand, Chen Yi, Dai Fujikura, Daniel Hass, Migaku Kitsukawa, Miho Sasaki, Michael Schelle, Emilio Teubal, Ippo Tsuboi, and Dalit Warsaw.



*Tuesday,
February 18th
at 11:00*

*Lunch outing at
Wheatfields of Clifton Park*



Krafts with Karen



Valentines Day Crafts

Friday, February 7th
at 12:00

Craft Room



Music Bingo and Trivia

with Tammy and Pam

Thursday, February, 20th at 4:00



**Tuesday, February 25th at 4:00
with Jack Kelle**



Ladies' Luncheon

Thursday,
February 27th
at 12:00
Clubhouse

Catered by Alexis Diner

Concierge Services

Meal Options

Continental Breakfast

Everyday from 8:30am to 10:30am

Supper Club

You have the option of two hot meals each month. They come ready to eat, from local restaurants. You can pick up your pre-paid meals at 4pm at the Clubhouse.

Let's Do Lunch!

Monthly lunch at the Clubhouse, pre-pay at the office and enjoy lunch with your neighbors.

Pick up at the Clubhouse.

Friday Grocery Shopping



Every Friday, the Eastwyck bus goes to three local grocery stores: Price Chopper, Aldi's and Hannaford. We will leave Eastwyck at 8:00 or 10:00. The bus will pick you up at your building.

Please sign up in the main office.

Thursday Medical Appointments

Every Thursday, we provide transportation to scheduled, routine medical appointments. This service is available between the hours of 8 AM and 1 PM. Call the office for more details and to reserve your appointment time.



PRN Staff
Contact Information

Denise Bilka, Physical
Christine Fitzgerald, Occupational
Jaclyn Gregg, Speech

SummitMillHill_NY85@prnphysicaltherapy.com

716-255-3674

Supper Club

This month's Meals will be from



Friday Supper Club

4pm

February 7th

Chicken Divan \$13.00

February 10th

Stir Fry Shrimp \$20.00

February 14th

NO SUPPER CLUB

February 28th

Sliced Prime Rib \$17.00

— Let's do Lunch —

February 3rd at 12:00

Pilgrim Sliders \$13.00

February 10th at 12:00

Asiago Burger \$18.00

February 17th at 12:00

OFFICE CLOSED

February 24th at 12:00

Philly Quesadilla \$13.00

Healthy frozen meals are available for purchase at the Clubhouse

Options on hand are listed below:

Sweet and Sour Chicken • The Arnold Bowl
Buffalo Chicken and Mac and Cheese
Cheeseburger Bowl • Sweet Corn Chicken
Chicken Adobo



Meals are \$9.00 each



Dr. Michael Masias, DPM

Starting at 10:00 on the 1st Wednesday of every month, Dr. Masias will be on site.

518-320-8659.



Hair
Hair

Rita 518-495-5603

Becky 518-424-7922